

SHOW  HOPE

HOPE

for the Journey

CONFERENCE

**PRACTICAL
APPLICATION GUIDE**



An Introduction to TBRI

Guiding Thought

We are designed to develop within the context of nurturing relationships.

— Daren Jones

Questions & Reflections

- + Consider how your needs were met as a child. What impacts has that had on you and your relationships today?
- + What are some needs that might have gone unmet for your child or teen in his or her past? What can you do to meet those needs now?
- + How does remembering the impact of stress and trauma change the way you view and engage your child's behavior?
- + As you consider your current parenting strategies, what may need to be adjusted to better communicate care, security, and safety to your child(ren)?

Tips & Reminders

- + Positive, joyful experiences are essential for rewiring the brain, and novel experiences also contribute to brain health. Combine the two, and incorporate one new, joyful experience with your child or teen each week. Some ideas include:
 - » Host a tea party.
 - » Build a fort together.
 - » Go out for a "night on the town" (i.e. grab dinner, catch a show, etc.).
- + In "The Whole-Brain Child," Drs. Daniel J. Siegel and Tina Payne Bryson write that implicit memories can be positive but can also be negative, "like when we've repeatedly had the ... experience of our parents being irritated by or uninterested in our times of distress. ... The problem with an implicit memory, especially of a painful or negative experience, is that when we aren't aware of it, it becomes a buried landmine." As outlined by Siegel and Bryson, building in habits of checking in with your child or teen during normal activities (i.e. dinnertime, errands, etc.) offer great opportunities for your child(ren) or teen(s) to talk about and process his, her, or their past experiences.

Action Points

Accentuate the Positive

Positive experiences are essential for rewiring the brain while also contributing to the mind's overall health. Each week, look for opportunities to introduce a new, positive experience in the life of your child or teenager. Include activities where engagement strategies (eye contact, healthy touch, behavior matching, play) can be incorporated, so you can further build connection and felt safety.

- » Have a family dance party.
- » Paint together. (For littles, start with rocks, and for your older children, try pottery.)
- » On drives, ask your child or teen to play DJ, allowing her or him to choose the tunes while taking requests from others in the car.

"I Have to Praise You Like I Should"

Relational trauma impacts beliefs about the self, including self-awareness, self-regulation, self-esteem, and self-efficacy. Use character praise to help change your child's belief system about himself or herself by recognizing his or her character traits. Some examples include:

- » "I love playing with you! You are so fun!"
- » "You're really brave. Thank you for being honest with me."
- » "It was so thoughtful to share your toy. Great job considering what your friend needed!"



TBRI Connecting Principles

Guiding Thought

When you connect to the heart of a child, everything is possible.

— Dr. Karyn Purvis

Questions & Reflections

- + As you consider your childhood, what from your past might hinder the connection between you and your child?
- + In times of stress, remember, *It is my job to help my child regulate*. What are some proactive strategies that will help you remain calm and present in those moments?
- + Remaining flexible is critical to your son's or daughter's mental and emotional health. Consider why you respond with "no" in certain situations; is it preference, convenience, or something else? In what situations can you give more "yeses"?
- + Why is it sometimes challenging to see beyond your child's behavior and recognize the underlying need he or she is trying to express or have met? Consider proactive strategies like identifying your personal triggers to better see the need your child is expressing.

Tips & Reminders

- + Be fully present.
 - » "Stop" what you are doing.
 - » "Look" into his or her eyes.
 - » "Listen" to his or her words, and empathize with the joy or pain your child is expressing.
- + Make it a priority to incorporate healthy touch in your child's daily activities and interactions to help build connection and disarm fears.

Action Points

One on One

Work to spend 10 minutes per day with your child or teen, engaging in play with an activity of her or his choice. Allow space for your child or teen to lead the play with her or his unique ideas. During this time, offer healthy touch (i.e. high fives, fist bumps, side hugs, etc.); match behavior (whatever she or he creates, you create); and validate her or his ideas. Avoid using playtime as a way to teach or give direction; instead, make an effort to keep your child or teen in the lead as you play. This time is for her or him to be expressive and for you to recognize her or his unique ideas, creativity, gifts, and imagination.

Matchy Matchy

Matching your child or teen's body position, posture, and voice can be effective in building connection and fostering felt safety. It's an engagement strategy that really validates your child or teen and his or her expressions and passions. For younger children, it can be as simple as joining them in building blocks and copying their creations. For teens, it can be playfully mimicking their use of slang, body language, and tone, and/or you could also learn a TikTok dance together. Behavior matching can also be an easy opportunity to incorporate other engagement strategies like eye contact and healthy touch.



TBRI Empowering Principles

Guiding Thought

Giving a child a voice is one of the most powerful tools we can give.

— Dr. Karyn Purvis

Questions & Reflections

- + Think of a time when you were safe, but you didn't feel that way. Consider situations in which your child may not feel safe. How does he or she respond to fear?
- + Describe a time when you misunderstood a fear-driven response as manipulation, control, or willful disobedience.
- + Help your child navigate change by creating predictability. Doing so will encourage felt safety. Think about the transitions that are most difficult (i.e. bedtime, school drop-off, technology limits, new environments, etc.). What are some strategies you can use to support your child in transitioning well, particularly in environments and circumstances that cannot be adjusted?
- + What are some ways you can modify your environment to support your child's sensory needs (i.e. lights, smells, noises, sensory-rich or -sensitive environments, etc.)?

Tips & Reminders

- + Dr. Karyn Purvis was also known as the "Queen of Bubblegum." Chewing and sucking are both calming engagements, so do not shy away from giving your son or daughter a piece of gum or candy in dysregulated situations.
- + Remember the importance of staying hydrated and eating healthy snacks. Encourage hydration allowing your child or teen to pick out her or his own water bottle—and let them express their creativity by adding stickers. Provide healthy snacks every two to three hours, and remember to offer protein before bedtime (or "lights out"). Also, keep water bottles and snacks in your car. These can be game-changers in stressful situations.

Action Points

Get Active!

Exercise and physical activity are critical in the life of a child and teen. Running, jumping, free play, sports, and walks all work to promote healthy brain development. Begin to incorporate exercise into regular family activities. Go on walks or bike rides together. Consider weekend hikes. Find a sport you all can play (i.e. kick ball or catch). Or just plan on regular walks around your neighborhood or at a nearby park. The point is to be active and active *together* to foster great connection.

Alerting and Organizing

There are times when our “engines” are running slow (lethargic, unaware), and there are times when our “engines” are running too fast (hyperactive, anxious, lacking focus). Whether your child’s or teen’s engine is running too slow or too fast, these activities can bring regulation, relaxation, and even focus.

- + Jumping (rope, trampoline, exercises)
- + Chair, desk, and/or wall pushes
- + Safe pillow fights or crashing into a pile of pillows (i.e. “Crash and Bump”)



The Gospel + TBRI

Guiding Thought

The journey is not meant to be traveled alone, and though sometimes complicated and hard, there is hope and help.

— Mary Beth Chapman

Questions & Reflections

- + How does this phrase, “We’re not God’s problem; we are his children,” change the way we interact with our children, particularly in difficult moments?
- + In the hard moments (because they will come!), from where does your source of joy and comfort come?
- + Do you have regular time set aside to connect with mentors for wise counsel and family, friends, and community for support and encouragement? What holds you back from those critical relationships and regular times together?

Tips & Reminders

- + Consider reading “Every Moment Holy.” This book includes liturgies for the ordinary events of daily life—“A Liturgy for Feasting With Friends” or “A Liturgy for Laundering”—reminding us that our lives are “shot through with sacred purpose even when, especially when, we are too busy or too caught up in our busyness to notice.”
- + Whether it is a moment of joy or hardship, work to remind yourself what brought you here, why today matters, where you are headed, and who, ultimately, holds you and your family in the palm of his sure and trustworthy hand.

Action Points

Verses to Remember

Below are four Bible verses Show Hope believes connect well to the foundational principles of TBRI. Spend time meditating on these truths whether through journaling, memorizing, or writing on index cards to place around your home or office space.

- + **An Introduction to TBRI:** *Two are better than one, ... For if they fall, one will lift up his fellow.* — Ecclesiastes 4:9-10
- + **Connecting Principles:** *Let love be genuine ...* — Romans 12:9
- + **Empowering Principles:** *There is no fear in love, but perfect love casts out fear.* — 1 John 4:18
- + **Correcting Principles:** *Love never ends.* — 1 Corinthians 13:8

Create Community

Think of other individuals and families within your church or faith community. Consider beginning a support group for one another. Perhaps you can begin meeting weekly or monthly together in prayer, study, and discussion. A great resource to walk through together is "Created to Connect: A Christian's Guide to The Connected Child" by Dr. Karyn Purvis with Michael and Amy Monroe.

To download a digital copy of "Created to Connect," visit the conference Resources page at showhope.org/hopeforthejourneyresources.

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